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FOOD CHART

Group I

BODY BUILDING FOODS

They build the body and prevent the tissues wearing out.

- MILK
- CHEESE
- EGGS
- MEAT
- FISH

Many vegetable foods such as peas and beans, bread and potatoes, help in body-building, but they are not such good body-builders as these five.

Group II

ENERGY FOODS

They provide fuel for the human body.

- POTATOES
- BREAD & FLOUR
- OATMEAL
- RICE, SAGO
- SUGAR
- DRIED FRUIT
- HONEY
- CHEESE
- BUTTER OR MARGARINE
- DRIPPING, SUET AND LARD
- BACON AND HAM

Group III

PROTECTIVE FOODS

They protect from disease

- MILK
- BUTTER OR MARGARINE
- CHEESE
- EGGS
- HERRINGS, SALMON (canned or fresh)
- LIVER

Protective foods are needed if we are to be properly nourished. They build the teeth and bones and help us to resist infection.

Group IV

- POTATOES
- GREEN VEGETABLES AND SALADS
- FRUIT (fresh or canned but not dried)
- CANNED VEGETABLES
- CARROTS
- TOMATOES
- WHOLEMEAL BREAD

CHOOSE SOMETHING FROM EACH GROUP EVERY DAY

ISSUED BY THE MINISTRY OF FOOD